

Stores that accept WIC

Cambridge:

Riesbeck's

Cash-Saver

Walmart

Derwent:

T & J Market

WIC Benefits

WIC benefits are issued on the WIC Nutrition Card. One card is issued per family and you will need to bring the card to every visit.

If your WIC Nutrition card gets lost or stolen, let us know as soon as possible. We will mark the card as lost and you will get a new card after seven days.



Bring these items for your WIC Appointments:

- The child or children being certified and identification for child or children like crib card or birth certificate
- Doctor's statement showing your due date if you are pregnant
- Picture identification
- Shot Records
- Proof of address, such as a current driver's license, a bill, a rent receipt, or personal mail with your name and address on it (includes any mail from WIC)
- Proof of all income, such as work pay stubs, a recent tax form, child support, unemployment check, **or** proof of enrollment in Medicaid, SNAP (food r stamps), or Ohio Works First
- *Authorized Representative slip*, if someone else is bringing in all of your paperwork and your children for a certification or recertification appointment
- Your PIN to be able to load WIC foods onto your WIC card

Call us if you have any questions about these items needed for your appointment!

**Guernsey County Health Dept.
WIC Program
326 Highland Ave.
Cambridge, Ohio 43725
740-439-3577**



Clinic Hours

Monday	8:00 a.m. to 5:30 p.m.
Tuesday	8:00 a.m. to 4:30 p.m.
Wednesday	9:00 a.m. to 4:30 p.m.
Thursday	8:00 a.m. to 4:30 p.m.
Friday	8:00 a.m. to 4:30 p.m.



*Like us on Facebook at
Guernsey County WIC Program
for recipes using WIC foods,
program updates and more!*

Clinic Closures

Please check Facebook for any closing.
The WIC clinic is closed for all major holidays.

Classes and events

WIC classes and events can help you connect with other families in Guernsey County. Classes can count as your WIC appointment or can be attended by anyone without a WIC appointment.

Our current classes are listed below:

Cooking Club: This class is offered the first Wednesday of the month, 12:30 until 2:00 pm. Call to register.

Breastfeeding Class: Contact clinic for dates.

Farmers' Market Nutrition Program: This is offered once a year starting in June or July. Coupons for Ohio grown fruits and veggies are provided to women, infants and children who receive WIC.

WIC Income Guidelines

Gross Income (before taxes) cannot exceed the following amounts:

Family Size	Annual	Monthly	Weekly
1	\$22,459	\$1,872	\$432
2	30,451	2,538	586
3	38,443	3,204	740
4	46,435	3,870	893
5	54,427	4,536	1,047
6	62,419	5,202	1,201
7	70,411	5,868	1,355
8	78,403	6,534	1,508

A pregnant woman counts as more than one family member. A person who currently receives Medicaid, Food Stamps, or Ohio Works First (OWF) also meets the income guidelines for WIC.



WIC promotes and supports breastfeeding.
This institution is an equal opportunity provider.

WIC Appointments

Certification and Recertification

This kind of appointment is for people who are new to the WIC program. At this time, WIC will:

- Verify that you live in Ohio
- Verify that you are income eligible
- Verify your identity
- Check your shot records
- Check height, weight, and hemoglobin
- Review your health history
- Talk with you about nutrition
- Provide your WIC food benefits

Nutrition Education

About three months after you are certified on the WIC program, you will meet with WIC staff to briefly talk about nutrition and receive more food benefits. Height, weight and hemoglobin might be checked again at this time. Nutrition education can also be done online at wichealth.org.

Remember to pick up a permission slip or call us if someone else is bringing the children for their WIC appointment!

Questions between appointments?

You may contact our office anytime if you have questions between your appointments.

You may be asked to reschedule your appointment if you are more than 15 minutes late.